



## Health Links

Your new report of  
BRFSS data in the media

**Community Gardens  
& Healthy Body  
Weight** [↗](#)

**Diabetes Incidence:  
Large Urban  
Centers & Southern,  
Appalachian States'  
Counties** [↗](#)

**Epilepsy Drug  
Study** [↗](#)

**Fittest Cities** [↗](#)

**Influenza  
Vaccination among  
Pregnant Women** [↗](#)

**Memory Loss  
(MMWR)**

**Use of the RE-AIM  
Framework** [↗](#)

**COPD Fact Sheets**

This graphic notice ([↗](#)) means that you  
are leaving a CDC Web site.

## STATE SPOTLIGHT

### North Carolina



This state uses BRFSS data to address:

- \* **women's health/preconception,**
- \* **mother-infant health,**
- \* **health disparities, and**
- \* **rising health-care costs.**

In 2007, state-based health data about women of childbearing age—from BRFSS and other sources—helped inform the formation of the North Carolina Preconception Health Coalition<sup>1</sup> and its 2008–2013 preconception health strategy, which called for promoting planned pregnancies and maintaining healthy body weight. Each year, the Preconception Health Leadership Team shares updates on BRFSS and other data indicators during the annual meeting of the Preconception Health Coalition to help track the state's progress on preconception health and determine the effectiveness of different initiatives throughout the state. Data sources like BRFSS are critical to the work currently being done to prepare the 2014–2019 Preconception Health Strategic Plan, as the data are systematically reviewed during stakeholder meetings to inform funding efforts, design of educational materials, follow a social marketing strategy, and support program development. As a result of the BRFSS-aided stakeholder discussions, participants determined the following core areas should be included in the state's revised Preconception Health Strategic Plan:

1. Reproductive life planning, including comprehensive sexual health education and healthy relationships education;
2. Mental health;
3. Access to care, including systems issues and coordination with chronic disease;
4. Social determinants of Health, including self-sufficiency; and
5. Fatherhood/male involvement.

<sup>1</sup>The North Carolina Preconception Health Coalition includes partners from the state's Division of Public Health and Department of Health and Human Services, the Department of Public Instruction, local health departments, public and private universities, community-based organizations, non-profit agencies, and health care consumers.

## North Carolina — Continued

### Next Steps

Continue to draft goals, objectives, strategies and action steps related to these core areas and populations and then to share this draft information with key stakeholders and consumers throughout North Carolina.

### Preliminary Results

> February 2013: A member of North Carolina's Preconception Health Leadership Team was asked to present at the Association of Maternal and Child Health's (AMCHP) Annual conference to share how data have been used in their team's strategic planning process.

> 2010 Publication: State of Women's Health in North Carolina

[http://www.schs.state.nc.us/schs/pdf/Preconception\\_WEB\\_110310.pdf](http://www.schs.state.nc.us/schs/pdf/Preconception_WEB_110310.pdf)

> The coalition's first strategic plan

<http://whb.ncpublichealth.com/Manuals/PreconceptionHealthStrategicPlan-3-6-09.pdf>

### In North Carolina: The BRFSS Questionnaire Responses that Help Guide the Coalition

#### *Percentage of women who -----*

- ...report good, very good, or excellent health 2004 to 2011
- ...currently have some type of health care coverage: 2004 to 2011
- ...had a routine checkup in the past year: 2005 to 2011
- ...had a PAP test within the past three years 2004 to 2011
- ...currently smoke every day or some days 2004 to 2011
- ...participated in heavy drinking on at least one occasion within the past month: 2004 to 2011.
- ...participated in binge drinking on at least one occasion in the past month 2004-2011
- ...consume fruits and vegetables at least five times per day 2005, 2007, 2009
- ...are overweight or obese based on body mass index (BMI) : 2004-2011
- ...participate in enough moderate and/or vigorous physical activity in a usual week to meet the recommended levels of physical activity: 2005, 2007, 2009
- ...report that their mental health was not good for at least 14 out of the past 30 days: 2004-2011
- ...always or usually get the social and emotional support they need: 2004-2011
- ...have ever been told by a health care provider that they had diabetes including gestational diabetes: 2004-2011
- ...have ever been told by a health care provider that they had hypertension including hypertension during pregnancy: 2005, 2007, 2009
- ...currently have asthma: 2004-2011
- ...received an influenza vaccination within the past year: 2004-2011

#### *Percentage of women with -----*

- ...a high school education/GED or greater: 2004 to 2011
- ...a BMI  $\geq 25$  kg/m<sup>2</sup> but < 30 kg/m<sup>2</sup>: 2004-2011 (overweight)
- ...a BMI  $\geq 30$  kg/m<sup>2</sup>: 2004-2011 (obesity)



\*\*\*Have a BRFSS-related story, program, achievement, or case study for the **State Spotlight** section of this newsletter? Please let us know! Email the details to Dave Flegel, BRFSS technical writer, at [dflegel@cdc.gov](mailto:dflegel@cdc.gov).

## Communications From the Division



### Now Available

> *BRFSS 2012 Survey Data and Documentation.*

> *Find information about the September 2013 BRFSS training events.*

### New Publications & Presentations

- Chen Z, Crawford CAG. The role of geographic scale in testing the income inequality hypothesis as an explanation of health disparities. *Soc Sci Med.* 2012 Sep;75(6):1022-31. doi: 10.1016/j.socscimed.2012.04.032. Epub 2012 May 24.
- Chowdhury PP, Salandy SW, Pierannunzi C, Town M. Using multiple modes in follow-up contacts in random-digit-dialing surveys. Presentation given at the 68th Annual Conference of the American Association for Public Opinion Research in Boston, MA, May 16–19.
- Crawford CAG, Okoro CA, Akcin HM, Dhingra S. An experimental study using opt-in Internet panel surveys for behavioral Health surveillance. *Online Journal of Public Health Informatics* 2013;5(1):e24.
- Crawford CAG, Okoro CA, Dhingra S, Akcin H, Zhao G, Ford D, Pierannunzi C. Using internet panel surveys for behavioral health surveillance. Presented at the Joint Statistical Meetings in Montreal, Quebec, Canada, August 3–8 2013.
- Fan AZ, Rock V, Zhang X, Li Y, Elam-Evans L, Balluz L. Trends in cigarette smoking rates and quit attempts among adults with and without diagnosed diabetes: findings from 2001 to 2010 BRFSS. Presented at the 2013 Annual Conference of the Council of State and Territorial Epidemiologists in Pasadena, CA, June 9–13.
- Harris CD, Watson KB, Carlson SA, Fulton JE, Dorn JM, Elam-Evans L. Adult participation in aerobic and muscle-strengthening physical activities—United States, 2011. *MMWR* May 3, 2013;62(17):326-330.
- Li C, Zhao G, Okoro CA, Wen XJ, Ford ES, Balluz LS. Prevalence of diagnosed cancer according to duration of diagnosed diabetes and current insulin use among U.S. adults with diagnosed diabetes: Findings from the 2009 Behavioral Risk Factor Surveillance System. *Diabetes Care* 2013;36(6):1569-76. doi 10.2337/dc12-1432.
- Okoro CA, Dhingra SS. Investigating the quality and utility of internet opt-in panel surveys for public health surveillance. Presented at the Interagency Subcommittee on Disability Statistics Meeting, May 8, 2013.
- Okoro CA, Dhingra SS, Crawford CAG. Evaluating mode and sampling methodologies: internet opt-in panels, BRFSS, NHIS. Presented at the Disability and Health Working Group Meeting in Atlanta, GA, June 28, 2013.
- Okoro CA, Dhingra SS, Coates RJ, Zack M, Simoes EJ. What does the Massachusetts experience tell us about the potential impact of the Affordable Care Act on the use of clinical preventive services? Presented at the 46th Annual Society for Epidemiologic Research Conference in Boston, MA, June 18–21, 2013.
- Okoro CA, Stoodt G, Rohrer JE, Strine TW, Li C, Balluz LS. Physical activity patterns among U.S. adults with and without serious psychological distress. (Accepted by Public Health Reports. Publication date pending.)
- Pierannunzi C, Town M, Garvin W, Balluz L, et. al. Movers and shakers: discrepancies between cell phone area codes and respondent area code locations in RDD samples. Poster presented to the 68th Annual Conference of the American Association for Public Opinion Research in Boston, MA, May 16–19, 2013.
- Pierannunzi C, Town M, Salandy S, Balluz L. Trends in cell phone calling outcomes: BRFSS 2008–2011. Poster presented at the 68th Annual Conference of the American Association for Public Opinion Research in Boston, MA, May 16–19, 2013.
- Pierannunzi C. The effects of methodologic changes in the BRFSS on oral health estimates. Oral Health Webinar presented June 25, 2013.
- Pierannunzi C. Using BRFSS data for public health research. Presented to Central Michigan PhD students on June 14, 2013.
- Qayad MG, Pierannunzi C, Chowdhury PP, Hu S, Balluz L. Landline and cell phone response measures in Behavioral Risk Factor Surveillance System (Accepted by Survey Practice. Publication date pending.)
- Xu F, Town M, Balluz LS, et al. Surveillance for certain health behaviors among states and selected local areas—United States, 2010. *MMWR Surveillance Summaries.* May 31, 2013; 62 Suppl:1-247.
- Zhao G, Li C, Okoro CA, Li J, Xiao JW, White A, Balluz LS. Trends in modifiable lifestyle-related risk factors following diagnosis in breast cancer survivors. *J Cancer Surviv.* Epub 2013 June. DOI: 10.1007/s11764-013-0295-5. Abstract originally presented during the annual BRFSS conference, Atlanta, Ga, March 2013.

# BRFSS Facts & News

## Did You Know?

- ...For the past few years, Missouri BRFSS had included a state-added question to gauge awareness of the Missouri Tobacco Quitline.
- ...In Arkansas, BRFSS will help monitor flu and pneumonia vaccine uptake in residents age 65 years and older.

## Recent Webinars

### August Recording

*Rapid Response Health Surveillance and the Utility of Small Area Estimation: Estimate Monthly county-Level Outcomes Using the BRFSS* - Haomiao Jia

Recording URL: <https://www.livemeeting.com/cc/cdc/view> Recording ID: CSGN82-14

### July Recording

*\*Diabetes and obesity prevalence estimates in Missouri counties: comparison of Missouri county-level study and CDC's model-based estimates* - Shumei Yun

*\*Multiple approaches on conducting small area estimation* - Hacı Akcin

Recording URL: <https://www.livemeeting.com/cc/cdc/view> Recording ID: CSGN82-13

### June Recording

*Update on industry and occupation module* - Aaron Sussell and Pam Schumacher

Recording URL: <https://www.livemeeting.com/cc/cdc/view> Recording ID: CSGN82-12

### May Recording

*\*A SAS Small Area Estimation System for the BRFSS* - Martin Frankel and Michael Battaglia

Recording URL: <https://www.livemeeting.com/cc/cdc/view> Recording ID: CSGN82

## Upcoming Webinars for the Remainder of 2013\*

### September

*Binge Drinking Among Women and High School Girls — United States, 2011* - Dafna Kanny

*Preparing for PSRs: Using CDC prevention status reports to inform the prevention of excessive drinking* - Jessica Mesnick

### October

*Impact of depression on quality adjusted life expectancy* - Haomiao Jia

*Healthy life expectancy for the US population by sex, race/ethnicity and geographic region: 2007-2009* - Man-huei Chang

### November, 2013

*Drowsy Driving — 19 States and the District of Columbia, 2009–2010* - Anne Wheaton

### December

*Assess Change in Prevalence Over Time* - Amy Fan

\*Unless otherwise noted, webinars occur on the second Tuesday of each month at 3pm Eastern time and run for one hour

Access the slide presentation at the scheduled time here: <https://www.livemeeting.com/cc/cdc/join?id=CSGN82&role=attend>

Access the audio by calling (866) 692-3582 (Toll free) or (517) 466-2232 (Toll). When prompted, enter participant code 69962612#

## Resources

Arkansas: PHACS database

Cognitive Decline in Ga: Data From the 2011 BRFSS (Alzheimer's Association)

Mammography Use Among Women Ages 40–49 After the 2009 U.S. Preventive Services Task Force Recommendation (BRFSS 2006, 2008, 2010)

Chronic Obstructive Pulmonary Disease Surveillance-United States, 1999-2011